



**Public Health**  
Prevent. Promote. Protect.

## District 2 Public Health

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Banks, Dawson, Forsyth, Franklin, Habersham, Hall, Hart, Lumpkin, Rabun, Stephens, Towns, Union and White Counties

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### **Family Planning Policy on Deferment of Physical Exams Policy #175 Effective: 5-17-2011**

Section 8 .3 **History, Physical Assessment, and Laboratory Testing** in the “Program Guidelines for Project Grants for Family Planning Services” (January 2001) states:

“All physical examination and laboratory test requirements stipulated in the prescribing information for specific methods of contraception must be followed. Physical examination and related prevention services should not be deferred beyond 3 months after the initial visit, and in no case may be deferred beyond 6 months, unless if in the clinician’s judgment there is a compelling reason for extending the deferral. All deferrals, including the reason for deferral, must be documented in the client record. Project protocols should be developed accordingly.”

Patients in the Family Planning clinic must be offered a 3 month supply of a specific method of contraception at their initial visit to the clinic. The patient may be given the choice to defer the physical exam for up to 3 months unless there is a reason not to do so. Also, a method must exist to ensure deferred patients are not lost to follow-up. This must be documented in the health record as to confirm compliance of this policy.

**David N. Westfall, MD**